

## **Information for All Participants of the Cowichan Autumn Classic**

**Thank you for registering in the 2017 5K, 10K, and Combo races. Day of Race fees are now in effect. If you wish to change races, this must be done by 9:15 AM, at Bib pickup. Parking area behind the Glenora Hall will close at 9:15 AM.**

**Directions To Glenora Hall:** From South of Duncan - Drive north on the Trans Canada Highway until Allenby Road intersection (there is a Super 8 Hotel at this corner). Turn left and drive until the stop sign. Turn left onto Indian Road, which is the farthest road to the left. Continue on Indian Road until you reach the Glenora Hall intersection, at Glenora Road/Indian Road. There will be signs on the Trans Canada Highway prior to the Allenby Road intersection and at the Allenby Road/Indian Road intersection, indicating the direction of the turn.

From North of Duncan - Drive south on the Trans Canada Highway, through Duncan until Allenby Road intersection (there is a Super 8 Hotel at this corner). Turn right onto Allenby Road and drive until the stop sign. Turn left onto Indian Road, which is the farthest road to the left. Continue on Indian Road until you reach the Glenora Hall intersection, at Glenora Road/Indian Road. There will be signs on the Trans Canada Highway prior to the Allenby Road intersection and at the Allenby Road/Indian Road intersection, indicating the direction of the turn.

**Package pickup is on October 22nd, 2017, race day, at Glenora Hall, starting at 8:00 AM.** Please be sure to leave enough time after arrival to park and check-in at the Hall. Parking marshals will be present to direct you to the proper parking area. Please follow their directions. Day of Registration will close at 9:15 AM for all races. **Also, please bring ID with you. Our Special Occasion Licence requires that we confirm age of anyone under 25 years.**

### **Starting Procedure:**

Start times are: 9:30 AM – 5K Runner and Walker – 9:10 first announcement. Start to line up at 9:15, 9:20 race instructions, count down and go at 9:30.

10:30 AM 10K Runner and Walker – 10:10 first announcement. Line up at 10:15 AM, 10:20 race instructions, countdown and go at 10:30 AM.

### **Awards:**

5K will be at 11:00 AM at Glenora Hall

10K and Combo will be at 12:30 PM at Glenora Hall.

**Bring dry clothes to change into due to wet conditions on the Trans Canada Trail and the Cowichan Valley Trail. Expect some large puddles across the trail.**

See you on Sunday. Brenda Niziol, Race Director

## Safety Information for Race Participants

For your race, here are some Safety Rules, which we ask you keep in mind while participating in our race:

1. Keep to the Left on all Roadways and trails where there is two way Vehicle traffic or runners, unless directed to the Right Side by the road marshals, especially along Glenora Road between Elliott Road and Marshall Road intersection.
2. Always watch for Cars and other users of the Roadways and trails. We have tried to inform other trail users of our races and participant numbers, but, there is always the possibility of horses or bikes on the trail portion.
3. Please follow the directions of the Road and Bike Marshals. They are there for your safety.
4. **We ask that you do not use electronic music devices, like Ipods or similar products, on our races. The earphones, you wear, might inhibit your ability to hear instructions from the road marshals or Cars on the roadways. Again, this is a safety issue.**
5. There are water stations approximately every 5 Km on the course. If you are having any problems, please contact one of the volunteers at the water stations or any road marshal/bike marshal on the course. They will have communication with the Race Director. First Aid is located at the Zanatta Winery and at Glenora Trailhead Park, St. John Ambulance is looking after that. Other First Aid kits will also be out on the course, at the water station in the Glenora Trailhead Park and with the Bike Marshals.
6. The course closes at 12:30 pm, 2 hours after the start of the 10K.

Brenda Niziol, Race Director

## Some Other Valuable Information to Participants

After your race, there will be Massage available beside the Wine Tasting Entrance at Zanatta's Wine Building. They are located in the White Tent. They are students from the West Coast College of Massage Therapy School in Victoria. The Suggested Donation for a massage is \$5.00.

Free Wine Tasting and bottles of Wine for purchase will be available inside the Zanatta's Wine Building. **Please be advised that our Special Occasion Licence does not allow opened wine in our Finisher Glass to leave the Zanatta's property.**

Hot Lunch will be available in the Glenora Hall. This year, Holey Moley Chili is being offered, along with other apres race goodies. Tim Hortons Coffee is also offering hot beverages.

**Awards will be started at 11:00 AM for the 5K Race and between 12:30 PM for the 10K and Combo Races in the Glenora Hall.** There are lots of draw prizes, including draws for Frontrunners Certificates. You must be present to claim draw prizes.

The Course closes at 12:30 PM.

Brenda Niziol, Race Director